

THE 6 TASTES

SWEET (Water + Earth) Oily/Cool/Heavy (+K-P-V)

whole grains, starchy vegetables, dairy, chicken, fish, sugar, honey, molasses

SOUR (Fire + Earth) Light/Heating/Oily (+K+P-V)

citrus fruits, berries, plums, tomatoes, pickled foods, vinegar, alcohol, cheese, and yogurt

SALTY (Fire + Water) Heating/Heavy/Oily (+K+P-V)

soy sauce, seaweed, salted meats, fish, and any food to which table salt has been added

PUNGENT (Air + Fire) Light/Drying/Heating (-K+P+V)

peppers, onions, garlic, cayenne, black pepper, cloves, ginger, mustard, salsa, chilies

BITTER (Ether + Air) Cool/Light/Dry (-K-P+V)

spinach, kale, romaine lettuce, leafy greens, celery, broccoli, sprouts, beets, bitter greens, tumeric

ASTRINGENT (Air + Earth) Cool/Dry/Heavy (+K-P+V)

lentils, dried beans, green apples, grape skins, cauliflower, figs, pomegranates, tea

Best tastes for VATA - Sweet, Sour, and Salty; Avoid - Pungent, Bitter, and Astringent

Best tastes for PITTA - Sweet, Bitter, and Astringent; Avoid - Sour, Salty, and Pungent

Best tastes for KAPHA - Pungent, Bitter, and Astringent; Avoid - Sweet, Sour, and Salty